Aboriginal Cancer Care Unit
Honouring the **Aboriginal Path** of Well-being
NEWSLETTER • **Winter 2009 Newsletter**

Strengthening the Connections Between Health Care Providers and Regional Cancer Centres.

Cancer Care Ontario (CCO) has recently launched the **Primary Care and Cancer Engagement Strategy** aimed at strengthening the relationship between family doctors and Regional Cancer Programs. The initiative is led by Dr. Cheryl Levitt who is the Provincial Primary Care Lead. In total, there are thirteen regional Primary Care Leads (PCLs) throughout Ontario, all of whom are family doctors. Each PCL is associated with a Regional Cancer Centre. The catchment area for each PCL is defined by Local Health Integration Network (LHIN) boundaries.

Together the leads from the Provincial Primary Care and Cancer Network (PPCCN), will use their expertise to strengthen and improve cancer services. The PPCCN will start with screening, with a special focus on the newest organized population-based screening program ColonCancerCheck. In their first year, the Leads will meet with family doctors and Family Health Teams (FHT) in their regions to identify what resources currently exist, document what questions primary care providers are asking about cancer screening and attempt to address any knowledge gaps.

Family doctors have the ability to proactively influence a patient's decisions around cancer screening and the Provincial Primary Care and Cancer Network will help CCO develop and maintain these relationships for the betterment of patients.

Primary Care Leads and Health Care Providers in the Aboriginal Community.

Primary Care Leads have identified that engagement with Aboriginal health care providers is a priority due to lower cancer screening participation rates within the Aboriginal population. PCLs will be initiating and improving collaborative partnerships with Aboriginal health care providers who can help to provide insight and solutions to screening barriers.

To facilitate this process, Cancer Care Ontario and Northwest Regional Cancer Program will convene a forum to bring together health care providers in Aboriginal communities from across the province. Primary Care Leads will have an opportunity to participate in an open dialogue that aims to identify challenges experienced in providing services for Aboriginal people within the current cancer system.

If you would like further information about the Primary Care Leads please contact Donia Lupea at donia.lupea@cancercare.on.ca

Feature Recipe: Hamburger Soup (Serves 6)

Recipe courtesy of: Senator Earl Schofield, Ontario
Source: Métis Cookbook and Guide to Healthy Living 2nd Edition

Ingredients:
1 tbsp. butter
1 lb. extra lean ground beef
3 small onions chopped
1 – 16 oz can of tomatoes
salt and pepper to taste
6 cups water
3 large carrots, sliced
3 celery stalks, diced
3 medium potatoes, diced
1/3 cup macaroni

Instructions:
- Melt butter in a saucepan, adding ground beef and cooking slightly
- Add onions, tomatoes, salt, pepper and water
- Bring to a boil, cover and simmer for 1 hour
- Add vegetables and simmer for another hour
- Stir in macaroni during that last 15 minutes

Nutrition Information per serving:
(note: if you use lean or medium ground beef the calorie and fat content will increase)
Calories: 195.2 I Fat: 7.6 g I Protein: 17.7 g I Carbohydrate: 14.6 g I Fibre: 2.7g I Sugar: 7.1 g

The nutritional content for this recipe was analyzed using Dietitians of Canada Recipe Analyzer for more information visit: www.dietitians.ca

Did you know... "In Our Own Words – The Cancer Journey" video is now available!

This video demystifies cancer for Aboriginal people through the voices of First Nations, Métis, and Inuit cancer survivors and educates mainstream health care providers on the Aboriginal world view of cancer so providers can better understand their Aboriginal patient needs.

To order a copy of this video please contact:
Za-geh-do-win Information Clearinghouse at
Tel: 705-692-0420 or visit
www.za-geh-do-win.com

Community Profile

Chippewas of Nawash Community Centre and Bingo Hall go Smoke-Free!

On April 30th, 2008 the Chippewas of Nawash Band Council passed a resolution that made their Community Centre and bingo hall smoke-free. Carleen Keeshig, Recreation Director and Charlene Akiwenzie, Community Activator were interviewed to find out about the benefits and challenges of making this building smoke-free.

What motivated the community to take this action?
Charlene Akiwenzie (CA): *The main motivation was that kids and youth were coming into the community centre for physical education after the weekend and after Bingo night, and there would still be the smell of smoke. The main concern was the health of our young people and also the staff who work there. The youth don't have a say if someone lights up - it is our job to protect them.*

What were the challenges?
CA: *There was some resistance from the community members who play Bingo. A few said that they would not play if they couldn't smoke. There was concern the Bingo may have to close. In the end, the Bingo is still successful.*

What words of advice do you have for other communities interested in taking such action?
Carleen Keeshig (CK): *Constantly reinforce the message that it is a smoke-free building. It is important to remind people and not make exceptions. We also added a second intermission to the Bingo.*

Is the community considering any other action for healthy environments?
CK: *Band Councilors are considering passing a smoke-free public spaces by-law.*
CA: *We will try to promote some smoke-free events especially sporting events.*

A Few Fast Facts about Second-hand Smoke

- *Second-hand smoke, also known as environmental tobacco smoke (ETS), is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers.*
- *Second-hand smoke is a known carcinogen proven to cause lung cancer in adults and is associated with increased risk for breast cancer, nasal and sinus cavity cancer.*
- *Second-hand smoke can linger for days, weeks, even months through contaminated dust and surfaces.*
- *Children are more vulnerable to second-hand smoke exposure due to their smaller airways, less developed immune system and because they have less options to avoid second-hand smoke.*
- *In children, exposure to second-hand smoke has been linked to:*
  - *middle ear infections or otitis media. First Nations children do seem to have more severe otitis media than other children* [1]
  - *aggravation of asthma,*
  - *respiratory infections,*
  - *sudden infant death syndrome (SIDS) and*
  - *fetal growth impairment*
- *Each year 4,500-7,800 Canadians die from exposure to second-hand smoke.*
- *The amount of smoke in a closed car is 20-25 times higher than in a bar full of people smoking.*

**** If you would like more information about this topic or introducing a smoke-free policy to your community please contact Luciana Rodrigues, Health Promotion Specialist -Aboriginal Tobacco Program at luciana.rodrigues@cancercare.on.ca***

[1] *Otitis media. How are First Nations children affected?* M. Thomson, Can Fam Physician. 1994 November; 40: 1943–1950

We Want to Hear Your Newsletter Feedback:

The ACCU values your input and is asking for your feedback on its quarterly newsletters to ensure this publication is meeting your informational needs: To take the survey please visit: http://www.cancercare.on.ca/accupub

To take the survey now click here

You could be a winner of our ACCU promotional items!

Congratulations Lisa Connor of the Barrie Native Friendship Centre on winning the 2nd quarter ACCU promotional items! Including a lap top case, journal and a pen/pencil set.

Please place community contact information here.

Tell us what you think!

Drop us a word if you have a personal story to share or topics your would like to see in future issues.

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For an electronic copy of this and past newsletters visit:
www.cancercare.on.ca/accupub

Resources

To learn more about the Chippewas of Nawash please visit:
http://nawash.ca/

French newsletters now available!
Please contact us if you would like to be on our mailing list to receive the French or English ACCU newsletters. You can also download ACCU newsletters from the publications section on our website at: http://www.cancercare.on.ca/accupub

BIG NEWS: We are going green!

the March 2009 newsletter issue will be the last issue we print on paper. To ensure you continue to receive the newsletters please send us your email address with the tagline "email newsletter" to:
doris.warner@cancercare.on.ca

If you are interested in any information or would like to find out more please feel free to contact our office.

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Take a look at our website for up-to-date information.

Please visit the ACCU website for up-to-date information.
http://www.cancercare.on.ca/english/home/about/programs/aborstrategy/

JOACC PTO membership list
Nishnawbe-Aski Nation
Association of Iroquois and Allied Indians
Union of Ontario Indians – Anishnabek Nation
Grand Council Treaty #3
Independent First Nations
Métis Nation of Ontario
Ontario Native Women's Association
Ontario Federation of Indian Friendship Centres

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Cancer Care Ontario is the provincial agency responsible for continually improving cancer services. As the government's cancer advisor, Cancer Care Ontario works to reduce the number of people diagnosed with cancer and make sure that patients receive better care every step of the way.

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l'unité des soins de cancérologie pour les peuples autochtones